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CountyLife

Cottage karma

By Janet Trull

Karma: action, seen as bringing upon oneself inevitable results.

For many years, I dreaded Labour Day weekend. The last swim. The last paddle. Emptying the fridge and setting the mouse traps. The more I stressed about the end of summer and the looming hectic schedule that September brings, the more laborious Labour Day became. Worrying about alarm clocks and school lunches, I was inviting karma to give me just what I deserved. A lost weekend instead of a long weekend.

Determined to change my attitude about Labour Day, I reflected on the characteristics that make long weekends successful. Family Day weekend is about ice fishing, dog-sledding and skiing at Sir Sam's. At Easter we tap a few trees and get enough maple syrup to cover a pancake. On May 24, expectations are high for hilarity, but there's work to do first. Get the docks in and the water line hooked up. Then… Party. Music. Campfire. Repeat.

July 1 is the weekend of settling in for a long summer of fun. Everyone arrives with new stuff; beach toys and lawn games and bright towels. The peak of the summer holidays is the August long weekend, when the septic system is working at full throttle. Every bed, couch and bunkie is spoken for throughout the happy Highlands. Thanksgiving is my personal favourite with coloured leaves, flannelette sheets and pumpkin pie.

The Labour Day weekend offers ideal cottage conditions. It's warm, bugs are history and the property is (nearly) maintenance free. Time to enjoy the season – and a corn roast or two. Photo by Merron Vermeer

Long weekends, it seems, have a few things in common. Outdoor activities, friends and family, good food and a joyful few days away from routines. These three day holidays are the touchstones of the calendar. Looking forward to long weekends helps us tolerate the daily grind of crazy co-workers and overdrafts. I love flipping my calendar ahead a page or two in anticipation. Right now, I am daydreaming about the great Labour Day family corn roast.

My exhaustive research identifies Labour Day as having the peak conditions for cottage fun. The weather is still warm, the water temperature is highly swimmable, the bugs are history, and the cottage property has reached a maintenance–free plateau. No gardening, raking or shovelling required. So what if summer is ending? Another long weekend is just around the corner.

This year, I will let Labour Day weekend unfold with good cheer and happy moments. I will watch the morning mist rise and listen to the loons gossip.

Everyone is responsible for their own cottage karma, so set your intentions for contentment and (shhh!) don't think about Sept. 6. It doesn't need any encouragement.

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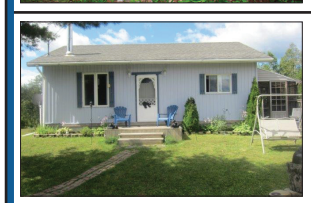
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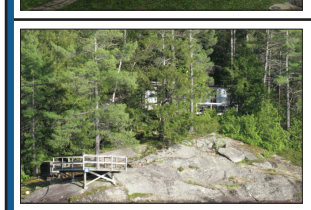
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County Life is produced by The *Haliburton County Echo* and *Minden Times*, and published by White Pine Media Corp.

CMCA AUDITED Audited circulation 6,356*
*Jan 1, 2015 - June 30, 2015

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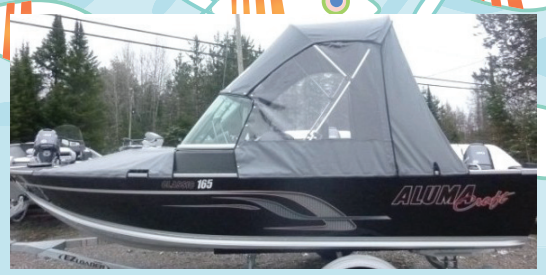

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General store a pillar of Dorset

By Angelica Ingram

This is the third and final instalment of a series dedicated to highlighting general stores in cottage country.

The history of Robinson's General Store cannot be told without first hearing the history of Dorset.

That is what you learn when sitting down with the store's owner/operator Brad Robinson.

The 81-year-old has been at the helm of the operation since he was in his 20s, inheriting it from his parents.

Now the third and fourth generation are working alongside Brad in the 14,000 square foot store that has a long history in the quaint cottage town of Dorset.

Originally the store was 1,200 square feet and stood on the opposite side of the road, said Brad.

It was then known as McKeys General Store.

Brad counts 1921 as the start for the store, as that was when his mother got involved with the business.

The first couple of decades were tough, as a lack of employment in the area made it difficult for families to survive.

The store would run tabs for customers, however the funds to pay off debts were not always available.

A popular destination for settlers, the thought was the land in Dorset could be farmed, but that proved to be untrue.

"The problem was you couldn't get the shovel in the ground," said Brad. "It was a very meagre existence. The only thing that saved them was the logging."

The logging industry lasted up until the First World War, after which many left the area, he said.

Times were tough and jobs were few and far between, until the Second World War happened.

When people returned from the war they were able to pay off their store debts.

"Ninety-nine per cent of them came back and paid us," said Brad. "And we're doing business two or three generations later with the same families."

Brad Robinson has been at the helm of Robinson's General Store for almost 60 years. The owner, 81, inherited the business from his parents and has been working there his whole life. His daughter, son-in-law and grandson also work there. ANGELICA INGRAM Staff

In its earlier years Robinson's sold items such as Avery snowshoes, Heritage stoves and more. The store has evolved over the years, with 14 additions being constructed over the decades.

Now the business encompasses a Foodland and Home Hardware within its walls, which draws a large number of customers.

Turn to page 5

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from page 4

The numbers have grown over the years, as the area has grown and become a popular cottaging destination.

Brad says at one time there were only 37 cottages on Kawagama Lake, back in the 1930s.

Now 80 per cent of the store's business is done through the summer months, particularly July and August. This past Aug. 1, 4,000 people walked through the doors of Robinson's, said Brad.

Apart from grocery, hardware and convenience items, the store is also a popular spot for giftware and clothing, available at The Red Onion.

One of the most popular items is the line of moccasins the store carries, for both men and women, all of which are made in Canada.

"We've been carrying moccasins all my life," said Brad. "We have hundreds of pairs in stock. It's one of our biggest selling things because the price is very competitive."

Brad's daughter Joanne and son-in-law Willie also work in the store now, as well as their son Ryan, who is there part time.

Although his daughter wasn't initially interested in working in the family business, that changed over the years when she found out she was expecting.

"They run the store," said Brad.

With 10 full-time employees year round, the staff numbers increase to 65 in the summer to accommodate the extra traffic.

"We hire a lot of university and college students," he said.

Running the store is the only career Brad has ever known and it's clear it's in his blood.

Although he was given a job offer to work for Hudson's Bay company, his future wife didn't want to live any farther north than Dorset.

The offer was a good fit for Brad as Robinson's sold fur and other products similar to Hudson's Bay.

However he opted to stay in Dorset and soon after he became the store's operator.

The store is open all year round, with the exception of four holidays.

Other popular items include local maple syrup, garlic products and unique finds for the area.

"There's no sense in selling what Walmart carries, people have seen that every day. The trick is to get something different," said Brad. "Whatever you do you have to have the best product. You have to have something people want."

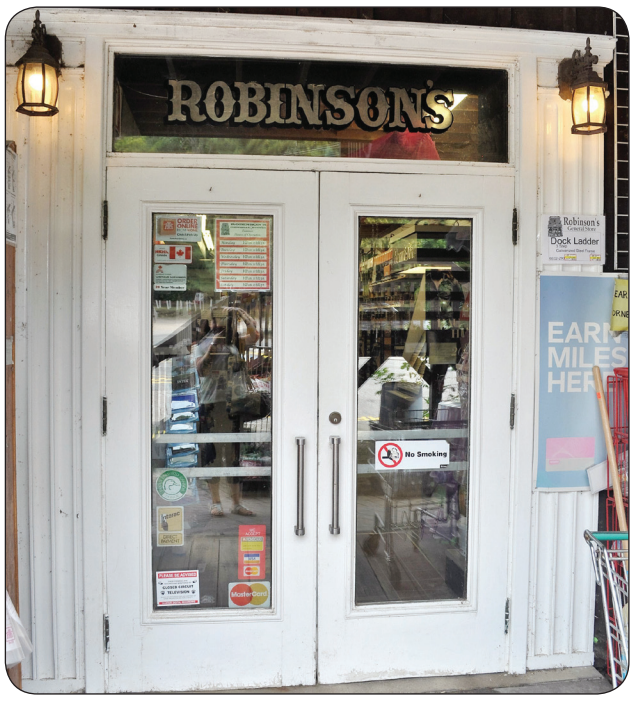
Different items include glasses, signs and more that are personalized with the names of area lakes, such as Kawagama or Lake of Bays.

One of Brad's favourite aspects of running the store is the repeat customers and loyal families who have been shopping there for generations.

"The cottagers are what have kept us going," he said. "I've connected with many generations, it's a wonderful relationship."

Brad believes residents of Dorset hold the store in high regard and are happy to have it in town.

"They're proud of the store."



Originally a 1,200 square foot traditional general store, Robinson's General Store has grown to 14,000 sq. ft. and includes a Home Hardware and Foodland. ANGELICA INGRAM Staff

With a Foodland and Home Hardware inside the store, Robinson's General Store has many conveniences for the public. The building is 14,000 square feet and includes two floors. ANGELICA INGRAM Staff

Mocassins are one of the most popular items available at Robinson's General Store in Dorset. The footware, which is all made in Canada, has been sold at the store since its inception, almost 100 years ago.

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Chickadees tough it out in the Highlands

Walking Softly

By Steve Galea

There are people who have a great disdain for blue jays, cormorants or crows. I've met others who would prefer it if woodpeckers, pigeons, starlings or gulls kept their distance. And I know one or two who detest turkey vultures, goshawks and even geese.

I have never met anyone who dislikes a chickadee.

How could you?

If this county were to choose a favourite songbird, I believe the black-capped chickadee would be right at the top of the list. You couldn't find a better candidate.

These little birds aren't just fair-weather friends who love this county until the temperature starts to plummet. No, they stay with us through the worst cold snaps and the heaviest snowfalls. They eke out an existence long after more conspicuous birds have fled south. They visit our winter feeders with a determined demeanour that's sure to put a smile on anyone's face.

These little bundles of life are remarkable in so many ways.

Chickadees survive northern winters by relying on the seeds, berries and frozen bugs they have cached in trees or found while foraging. And while they are helped by our bird feeders, they are not reliant on them.

They grow a dense winter coat that insulates them, but they have also developed unique survival strategies.

Researchers have found that they have the ability to fall into a regulated nightly hypothermia that allows them to conserve energy and enhance their chances of survival. It has been estimated that chickadees can lose as much as 10 per cent of their body weight, through shivering, by morning. Then, they must eat about 65 per cent of their mass to maintain the condition required to get through winter.

An article I read by George H. Harrison, published on the National Wildlife Federation's website, also noted that chickadees rely heavily on the right roosting tree, of which birch seem to be a favourite. They are capable of squeezing into holes in a tree about the diameter of a quarter. They'll use old nesting cavities or excavate their own in rotting wood. Dead trees are, therefore, important to them, as they are to many cavity nesting birds.

The point is that chickadees are tough and well-adapted to northern winters; so much so that they sometimes seem out of place in summer.

Yet, you can hear and see them in any walk through the woods, making sounds that could rightly be called the theme music for the Canadian boreal forest.

According to the Cornell Lab of Ornithology, their familiar chickadee-dee-dee call serves as both a contact and warning call – the more "dees" in the note, the higher the threat level perceived by the bird.

Many think of them as seed eaters, but during summer, insects comprise as much as 90 per cent of their diet. This, I suspect is why they are not as conspicuous during these dog days of August.

No matter, long after the loons have left our ice-hardened lakes and other migratory birds have sought southern sanctuaries, the chickadees will be here, singing songs that echo through the stillness of the snowy woods.

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Art festival to end with Sunday sale

By Jenn Watt

Painting outdoors – en plein air – is a challenging pursuit, but it shouldn't hinder beginner artists, says Gary Blundell.

That's why as co-ordinator of the Highlands East Plein Air Arts Festival running Sept. 8 to 11, he has worked to create an event that will foster learning rather than intimidate newbies.

Offering a special low price ($50) for registered students and recruiting arts instructors to take part in the festival are two of the methods Blundell, a plein air artist himself, has employed to make the festival more accessible.

"We don't want people to feel that because they haven't done much painting or drawing before that they're going to be competing with people who are much more experienced than them," he says. He is hoping for a spirit of camaraderie and openness.

That includes members of the public. Blundell is encouraging residents, tourists and cottagers to support the artists and learn more about what they do by attending the exhibition and sale on the final day of the festival: Sunday, Sept. 11.

"You meet the artists – all the artists are there. They're all hanging out with their work," says Blundell. The sale is at Lloyd Watson Community Centre in Wilberforce from noon to 4 p.m. and there you can see what the artists have been up to. Many pieces will feature local scenes and architecture, created just days before. The price range is usually varied and affordable. Prices are set by the artists with a portion of the sales going back to the festival for coming years.

"The event doesn't just focus on nature, but also the more interesting buildings in the area like the old churches, the old pulp burner that's up near Elephant Lake," Blundell says.

Most artists in the past have made back their $100 attendance fee during the art sale.

This year's Highlands East Plein Air Festival takes place Sept. 8 to 11. Sites are scattered throughout the municipality with intriguing architecture and scenic landscapes for outdoor artists to capture. On the Sunday there is a public exhibition and art sale at Lloyd Watson Centre. File photo by ANGELICA INGRAM Staff

There are 15 official sites mapped out for artists in the festival, taking participants from trails and creeks to farms and churches.

For more information, go to highlandseastpleinair.wordpress.com. You can also get in touch with Blundell at garyandvic65@yahoo.ca.

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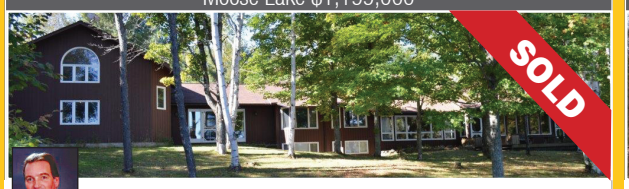

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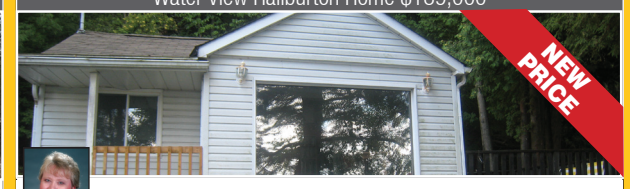
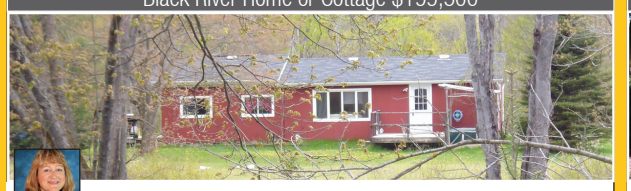
Water View Haliburton Home $189,000



Janice Brookes*
457-2128 x 22

- 2 Bdrm custom kitchen/appliances
- West exp. w/upgraded laundry

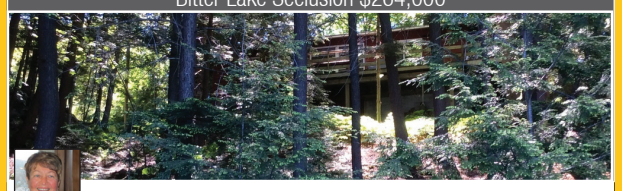
Black River Home or Cottage $199,500



Kim Butt*
286-2138 x31

- Over 2.08 acres and 575 feet of water frontage on Black River
- Cozy bungalow w/ 2 bdrms, 2 baths, family rm & open concept kitchen

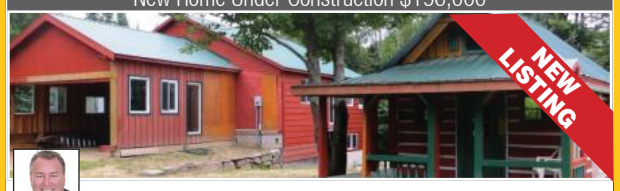
Bitter Lake Seclusion $264,000



Gloria Carnochan*
754-1932

- Traditional Ctge, Easy Access, Affordable, 3Bdrm Kit,DR&LR,
- Lrg Deck & Dock, Grt Swmg, Fshg & Wtr Sprts, Priv,

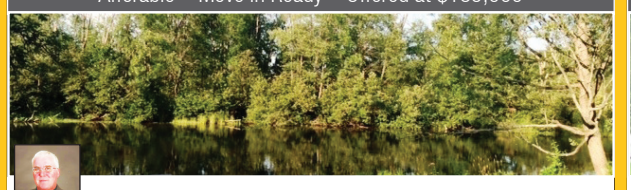
New Home Under Construction $196,000



Mark Dennys*
457-0473

- Approx. .78 Acres, 192.92 Ft. Road Frontage on Level, Corner Lot
- Approx. 1,296 Sq. Ft. Haliburton Home to be Finished

Afforable – Move in Ready – Offered at $189,000



Tom Ecclestone*
286-2138 x 26

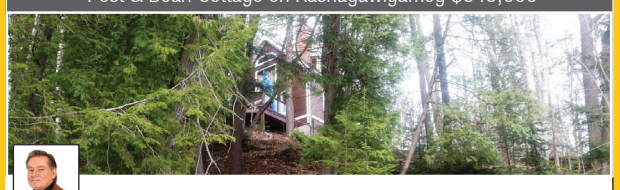
- 3 bedrooms, full furnished, 164 ft sand and deep water
- Private lot, close to town, short trip downriver to Gull Lake

Beech Lake $329,900

Lee Gauthier**
489-9968

- 99% winterized 3 bdrm cottage on child-friendly lot with huge backyard for games
- Ideal as a starter cottage or rental with south-east exposure... RIGHT PRICED

Post & Bean Cottage on Kashagawigamog $649,000



Scott Harrison
286-2138 x 28

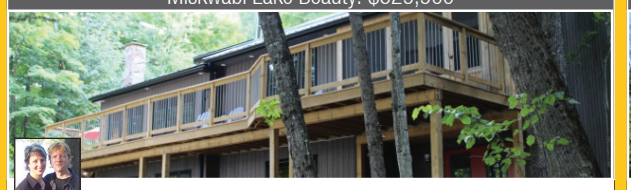
- 4+ bdrms, 3 baths, w/o basement w/ rec room, cute bunkie
- 100 ft of frontage on premier 5 lake chain, call Scott for details!

Minden Lake $329,000

Andrew Hodgson***
286-2138 x 29

- 3 bedrooms, 2 washrooms, could be used as cottage or home
- Clear shoreline, easy slope to water, private yard w/ lovely views

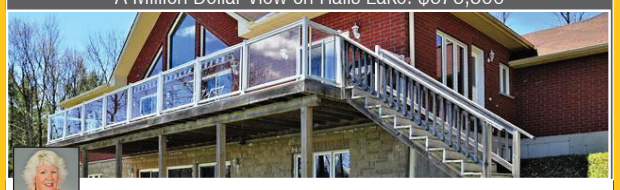
Miskwabi Lake Beauty! $629,900



Susanne James*
& Andy Mosher**
457-2128 x 33

- Nicely updated 3+1BR, 2.5 bath cottage/home on Miskwabi Lake.
- Awesome full-length lake view, full walkout basement, great shoreline

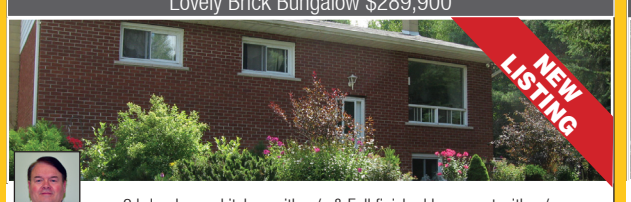
A Million Dollar View on Halls Lake! $676,500



Denise LeBlanc*
286-2138 x 23

- Captivating view over the lake from inside this spacious Royal Home
- Full finished basement, ideal for entertaining & endless wave pool!

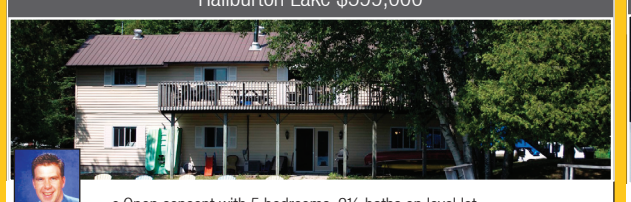
Lovely Brick Bungalow $289,900



David Lee*
286-2138 x 27

- 3 bdrm home, kitchen with w/o & Full finished basement with w/o
- Double insulated garage/workshop, plus pond and gazebo

Haliburton Lake $599,000



Erin Nicholls*
457-2128 x 34

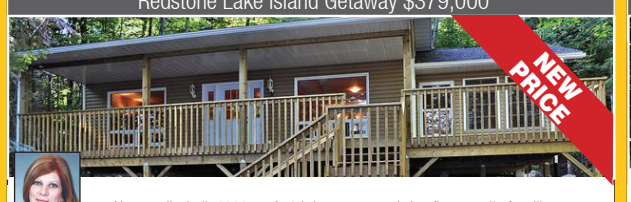
- Open concept with 5 bedrooms, 2½ baths on level lot
- Full finished lower level w/walkout to fantastic beach

Beautiful 37.5 Acre Parcel $60,000

Brandon Nimigon
457-2128 x 27

- Features granite rock driveway, cleared building lot, hydro@lot
- Property fronts lovely pond & features an abundance of wildlife

Redstone Lake Island Getaway $379,000



Karen Nimigon**
457-2128 x 29

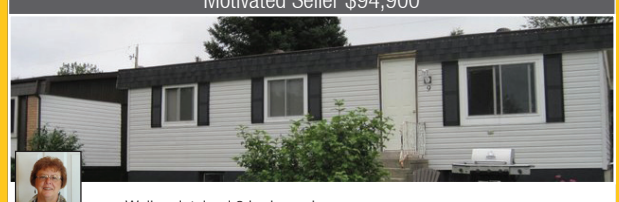
- New quality built 1300 sq. ft. 3 bdrm cottage w/ pine floors, walls & ceilings
- On private lot w/ 160' sand & rock shoreline, clear water & spectacular view

Perfect Started Home or Quiet Retreat! $134,900

Kirsten Rae*
286-2138 x 30

- Bright, Clean, Open Concept bungalow w/ lots of privacy
- Only a stones throw from access to Halls Lake!

Motivated Seller $94,900



Darlene Reil
447-2055

- Well maintained 3 bedroom home
- Walk to all amenities even a community pool

Contemporary Open Concept West Lake Cottage $629,000

Greg Stamp*
457-2128 x 28

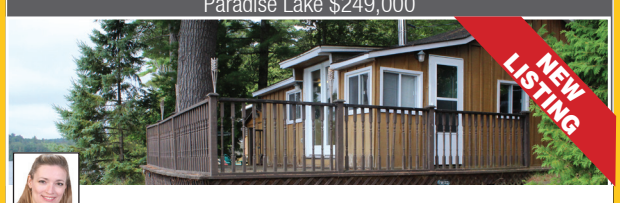
- 3 bedroom, 2 full bath, den and walkout lower level
- Large frontage, sunny southern exposure, fabulous privacy

Clement Lake Cottage $219,000

Elizabeth Thompson*
457-2128 x 52

- 150 feet shoreline: S/E exp; hard sand; large decks
- 3 bdrm; many recent upgrades; Great buy!

Paradise Lake $249,000



Melanie Vigrass*
286-2138 x 32

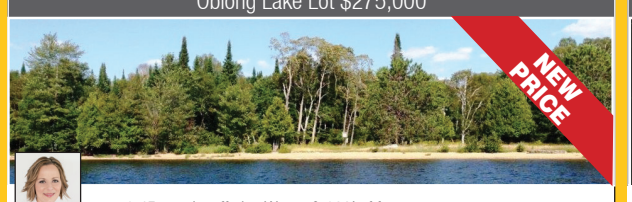
- Southern Exposure, Sand Shoreline, Newer Septic
- 2 Bdrm/1 Bath Cottage with Wraparound Deck

Kinmount Home $224,900

Tom Wilkinson**
286-2138 x 25

- Charming 3 bedroom home, many recent renovations & upgrades
- Large in town lot with stream, walk to downtown

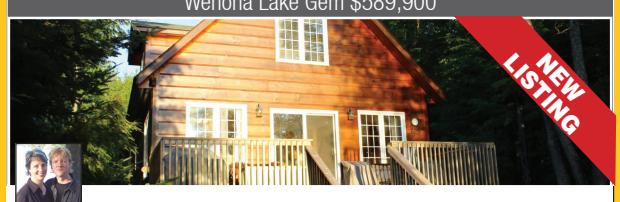
Oblong Lake Lot $275,000



Andrea Wilson**
457-6694

- 1.45 acre lot offering W. exp & 163' of frontage
- Large sand beach, clean, deep water on 2 lake chain

Wenona Lake Gem $589,900



Susanne James*
& Andy Mosher**
457-2128 x 33

- 4-season 3BR chalet on level lot with rippled sand beach
- Sunset views, full basement, garage, year round access

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Gardening in the Wild: Contemplating 'the green'

Column and photos by Belinda Gallagher

With fall just around the corner, the temperature is dropping and the population of biting insects is declining. Time spent in the garden and in the adjacent natural lands is more enjoyable now. Plus, we no longer smell like our perfume of choice is *eau de DEET*. An early morning walk in this environment gave me time to consider the effect of green on our physical and mental well-being.

Gardeners know that working in the yard engages four senses – touch, sight, smell, and sound and occasionally the fifth sense, taste, particularly in the vegetable patch when the tomatoes are ripe. Hikers and campers know that time spent in wild areas involves the same sensory interactions. So to the question, is this sensory engagement and interaction with the green world good for us?

Those who live in or visit Haliburton County would emphatically answer, "yes, the green is good." But is there evidence?

In the mid to late 19th century, a visit to "nature" was thought to reduce the stress of over-civilized cities and towns. Medical doctors would prescribe time in sanitariums with quite suggestive names – Lake View, Oak Lodge, The Pines, River Crest. For those without the means to travel, city parks provided much-needed respite from the noise, pollution and chaos of the urban areas.

In fact, the 843-acre Central Park of New York City was a product of those times, being built between 1858 and 1873. One of the designers, Frederick Law Olmsted who also created Mount Royal Park in Montreal and Montebello Park in St. Catharines, wanted Central Park to be a place for mental relaxation "to which people may easily go after their day's work is done."

Unfortunately, in the mid 20th century, nature as a healing agent gave way to the pharmaceutical industry. "Doctors and scientists began to distance themselves from such soft notions that nature contact was in itself a vital force," according to authors Selhub and Logan in their book *Your Brain on Nature*. Instead of "take a walk" it was "take a pill."

Fortunately, about 20 years ago the pendulum started to swing back the other way. Scientific research began to mount up regarding the benefits of interacting with the natural world including increased brain functioning, decreased anxiety, and even increased empathy.

see GARDENING page 13

Surrounding yourself with nature can help with brain functioning, decreased anxiety and increased empathy.

Gardening can provide meaning and purpose

from page 12

One particular example is the Japanese experience of forest bathing, called Shinrin-Yoku. Defined as a short leisurely visit to the forest, the term was coined by the Japanese Ministry of Agriculture, Forestry and Fisheries in 1982. Since that time many research studies have proven that an unhurried stroll in the woods, soaking up the sights and sounds of nature lowers blood pressure, heart rate and concentrations of the stress hormone, salivary cortisol. There is also evidence that the smell of the woods, the natural preservatives and fungicides called phytoncides, can enhance our human immune systems.

Likewise, studies show that gardening increases cognition and provides a layer of protection against brain ageing. Studies from Dalhousie University in Halifax and the Norwegian University of Life Sciences published in 2011 show that gardening provides meaning and purpose in life, both factors that can help reduce depression. Horticultural programs improve communication, motivation, self-esteem and managing grief. Children exposed to gardening at an early age have more positive environmental attitudes.

The benefits we derive from our gardens and natural lands are not just imagined. Whether climbing a tree or cultivating a carrot, being in "the green" is good.

Being in the green is good for you research has shown.

"We may not give a conscious thought to the ever-present green, but at some level we will enjoy it. The greenness of life is so important and all-pervading that evolution has tuned our eyes to discriminate among its various hues more precisely than among those of any other colour, and so shaped our brains that we take solace in it. The green, we know without thinking, is good."

Oliver Morton, *Eating the Sun: How Plants Power the Planet*

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lake protectors' corner

What is a dead zone?

There is a lot in the press these days about dead zones. We hear about them in our lakes as well as the massive dead zones in our oceans.

So what is a dead zone? In a lake or ocean, it is an area devoid of fish or any aquatic life. The cause is little or no oxygen to support life. In a dead zone nothing at all can live nor can those dead zones support the wildlife such as loons that depend on the fish, frogs, etc., in the lake.

Oxygen depletion is caused by poorly maintained septic systems, fertilizer run-off, inappropriate development and the loss of natural shorelines and wetlands with their essential filtering effect. We have developed and de-naturalized much of our shoreline in Haliburton County as well as in areas such as Muskoka and the Kawarthas. Lake Simcoe's trout fishery crashed 20-plus years ago because of oxygen level declines caused by the above factors. In fact Lake Simcoe is in danger of dying altogether. At the time of the crash less than 50 per cent of Lake Simcoe's shoreline was in a natural state.

What can you do?

- Support your lake association and your lake steward. They are the ones testing your lake water.
- Minimize the water that goes down your drains.
- Make sure that your septic system is operating properly and is pumped out every three to five years.
- If you have grass to the lake re-naturalize your shoreline by planting native shrubs, grasses and trees to absorb the nutrients before they reach your lake.
- While the depth of grass roots in our area can be measured in inches the roots of native shrubs can reach down three to five feet into the soil to absorb more nutrients

Don't let your lake be the next headline!

Author Paul MacInnes is the chair of the CHA.

To hear more useful information for lake lovers, tune in to Canoe FM to hear Highlands Cottage, a segment with news from cottagers' associations, environmental topics and cottage living tips. It runs Friday at 4:30 p.m., Saturday at 10 a.m. and 3 p.m. and Sunday at 3 p.m.

Article provided by CHA. For more information, resources and tips, go to www.cohpoa.org.

Lake Calendar

To include your lake association's events in this free listing, email them to classifieds@haliburtonpress.com

Golf Day/ Lunch-Drag & Spruce Lakes

Location: Haliburton Golf Course (* please check website for changes)
Date: Saturday, Sept. 3 $45
Time: 10 a.m.
As usual - cost Includes cart, nine holes, lunch and prizes!
Call Wayne Hussey 705 457-2892 to register.
(The usual trophies plus a special prize for best family score!)
Please check our website (http://dragandsprucelakes.ca/) in case there are changes to times, locations or events.
Submitted by Drag and Spruce Lakes Property Owners' Association

CHA
Coalition of Haliburton Property Owners Associations

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IN THE EVENT OF A WORK STOPPAGE AT CANADA POST, THE HALIBURTON COUNTY ECHO, MINDEN TIMES AND COUNTY LIFE WOULD NOT BE DELIVERED IN THE USUAL MANNER.

THIS POTENTIAL DISRUPTION IN DELIVERY COULD START AT ANY TIME.

Subscribers of The Echo & Times will be able to pick up a copy of the papers at our offices from Monday to Friday from 9:00 am to 4:00 pm. Subscribers wishing to receive our e-edition for the duration of the dispute may contact Debbie Comer at 705-286-1288.

The Haliburton County Echo office is located at 146 Highland Street in Haliburton.
The Minden Times office is located at 2 IGA Road, unit # 2 in Minden.

As usual, The Echo and Times will be available for purchase at dealer locations throughout the county.

County Life

County Life, with all of its regular grocery store and retail store flyers, will be available beginning each Thursday. Copies of County Life will be available at the Haliburton County Echo and Minden Times Offices, specially marked Real Estate Boxes throughout the county and the following other locations.

HALIBURTON

Haliburton County Echo Office
Haliburton Foodland
Rexall Pharmacy
Sears Haliburton
Shoppers Drug Mart
Todd's Independent
Walkers Home Hardware

MINDEN

Canadian Tire
Dollo's Foodland
Eastons valu-mart
Minden Home Hardware
Minden Times Office
Pharmasave
Remedy R/X
Sears Catalogue Store

OTHER LOCATIONS

Agnew's General Store Wilberforce
Eagle Lake County Market
Gooderham Lucky Dollar
Harcourt
Kinmount Shop 'n Save
Norland Convenience
Norland Esso
Souter's in Coboconk
Tory Hill (Jeffery Road)
West Guilford Shopping Centre

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The Haliburton County ECHO
OPP investigate fatal fire
Lyme disease in dogs a warning to humans, local vets say
CountyLife
Get muddy in Minden
The Times
Investigation ongoing in fatal fire
O.P.P. CRIME SCENE
Approvals delay mall completion

Long lost ring found in time for 20th anniversary

By Jenn Watt

For 11 years, through ice and snow, heat waves and floods, Manuel Rodriguez's wedding ring sat buried under several feet of sand in Gull Lake.

Children and families at Miners Bay Lodge splashed in the warm waters that flowed overtop of it for more than a decade, unaware that below their feet was a lost ring waiting to be found.

Not that it wasn't being sought after. Each summer Rodriguez, his wife Suzi Morrison and a team of their friends who visit the lodge would scour the beach looking for the platinum and gold band lost during a game of football in 2005.

But as each year passed, it seemed less likely it would ever be found.

"Last year [they] said, 'let's look for the ring,'" Manuel says, sitting in the screened in porch of the lodge, which overlooks the shoreline that concealed the ring for so many years. "And I said, 'no, forget about it.' And I realized I had lost hope in the ring."

Suzi Morrison and Manuel Rodriguez were married 20 years ago.

Morrison says they weren't sentimental about the object itself, but were upset to have lost something important to them.

"Everyone was trying to find it. There were probably 20 people with masks and snorkels and goggles diving for it," she says.

Three months after the ring slipped off Rodriguez's finger into Gull Lake, the couple decided to replace it with a similar band. And life went on.

The Toronto couple are Miners Bay regulars. Morrison has been visiting the lodge, which she likens to the resort in the movie *Dirty Dancing*, since she was a teenager. When she and Rodriguez were married, they decided to continue the tradition, bringing their young family year after year to the historic venue.

"There's just so much nostalgia here for everyone who comes," says Morrison, who can list off a bevy of activities from the very serious men's table tennis tournament to the community church service on Sundays. Because the same families visit on the same weeks each year, they've become a closely knit group. Their two children, who started coming up when they were small kids, are now teenagers.

The ring had nearly been forgotten when a treasure hunter named Terry Bradt came knocking at the door of the lodge. Bradt's hobby is finding things. He and his wife Crystal have four metal detectors and in their spare time, they like to comb beaches looking for missing items.

While public beaches are already heavily searched, private resorts don't get as much attention, Bradt says.

When he approached Russ and Dottie Wunker of Miners Bay Lodge about searching their beach last October, they were hesitant at first, Dottie recalls.

"We were having a cold, ugly, rainy day … and everybody was in a grumpy mood," she says. "I gave [Bradt] a bit of a hard time about having permission to do this."

Suzi Morrison and Manuel Rodriguez stand at the beach of Miners Bay Lodge on Highway 35. On his finger Rodriguez is wearing the wedding band that he lost 11 years ago while playing football on this beach. It was found last October by Terry Bradt just in time for the couple's 20th wedding anniversary. JENN WATT staff

But according to Wunker, Bradt was gracious and went about his business all afternoon clad in hip-waders in water up to his armpits.

When he came back to the lodge he had "all kinds of coins and junk," Wunker says. "Then he said, 'I did find one more thing.'"

He brought a shovel into the store on the property with a little pile of stones and in the pile was a shiny wedding band.

They knew immediately whose ring it was.

"It was a huge surprise because I had given up hope we'd find it," says Rodriguez, who looks to Morrison with a smile. If there was any doubt, their wedding date and Morrison's initials were engraved on the inside.

As they tell the story there is some confusion over the initials. It could be S.M. for Suzi and Manuel or it could be Morrison's initials. She wiggles the corresponding band off of her finger to verify – it has been 11 years, after all – hers reads M.R.

Finding the ring was all in a day's work for Bradt, who lives in Bancroft, but travels a surprisingly long way to service his hobby.

On the muggy Friday he travelled to Miners Bay to meet the couple, he'd already found another person's ring in Emily Park near Omemee. After seeing a link on Kijiji asking for the public's help in finding the ring, Bradt headed out with his metal detector and hunted it up.

"When you find stuff and research to return it, that is really rewarding and you can't put a dollar value on that part," he says during a stop at the *Haliburton Echo* office on his way home.

As with the Emily Park find, he was screening the Miners Bay beach for the challenge.

"It was after Thanksgiving," he says. "The water levels go down in the fall. It's the time to search. Everybody's gone home."

There is plenty to find during any expedition, but locating valuables isn't as common as you'd think. "I don't want anybody to think there's jewelry galore to find," he says.

Sometimes those who've lost something will offer Bradt a reward, but he says that's not his motivation.

"The reward is finding it," he says. "That's the challenge. It's a real challenge."

For Wunker, the ring represents the importance of kindness even when you're feeling down or stressed.

"It turned into one of those happy gifts that had you been a curmudgeon that you felt like being, it wouldn't have happened and that's the truth. You make choices in life and it's one of those things to remind you to try to take the better path."

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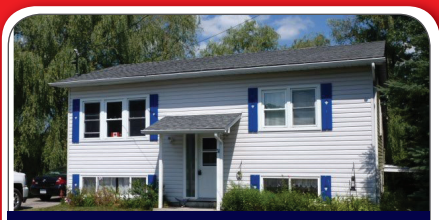

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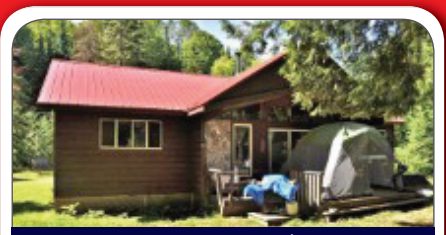

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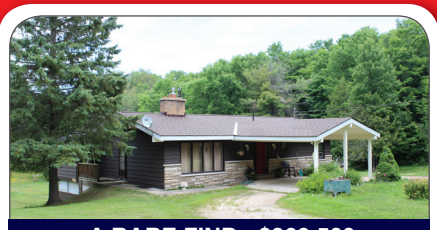

A RARE FIND - $269,500

-Private and quiet 19 acre country setting, 1600 ft/sq open concept home, 3 bdrm, 2 bath, full w/o basement, new gas furnace and shingled roof. 2 large storage bldgs, close to Minden. A RARE FIND IN THIS MARKET.

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Minden Hills – $269,500

-Very private setting with over 19 acres of nicely treed and landscaped property to explore.
-Sturdy three bedroom bungalow with two propane fireplaces, main floor family room, circular drive.
-Full walk out basement with attached garage/workshop and outbuildings for extra storage space.
-Price includes a newly installed shingled roof and a brand new forced air propane furnace.

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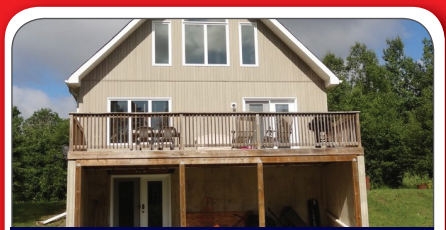

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The New and Improved Haliburton Curling Club is Waiting for You

"As the winter sport of curling has been a part of my active life for more than the past 50 years, it is a wonderful way to spend the often long and cold winter season. It is a sport that has no limits as far as longevity goes since one can participate at any age starting as a youth through to senior years. I am probably living proof of that since I began curling in my second year of high school and I am still curling four times per week during my seventies. I think why I enjoy curling so much is that besides the competitiveness and the strategy involved, it is the people that you meet who have to be the nicest people in any activity in which you might participate. You start the game with a handshake and you end the game with the same gesture. All you have to do is try it, you will like it!"

– Moe Welch (member)

Why join the Haliburton Curling Club?

We have changed the format of the curling season to help accommodate everyone's needs. The season is divided into three 8-week sessions with the first one beginning Monday, October 3rd and ending Friday, November 25th. The second session begins on Monday, November 28th and ends Friday, January, 27th, 2017. The third and final session will begin on Monday, January 30th and end Friday, March 24th. Last year was our first year playing into April and we will do this again this year. If you are unable to play for the whole year (which is a full membership) you may like to choose one or two sessions. We have several members that work their travel plans around their curling schedule and vice versa. Our curling club is committed to accommodating your job, travel, and/or health in order to make it work for you.

"We joined the Haliburton Curling Club as new members last fall. The atmosphere was always very welcoming and we especially liked the variety of leagues, competitions and curling opportunities that were available. We got to meet all kinds of new friends, from beginners to experts. The number of instructional/practice opportunities provided for both new and experienced curlers was great. Having curled in a significant number of clubs across the province, we can honestly say that the club facilities are among the best we've experienced."

– Steve & Monique Colliver (members)

Curling leagues

The Haliburton club offers a variety of leagues throughout the week that range from recreational to competitive curling. There is definitely a league for you! Daytime mixed leagues that allow you to play with or without your partner, spouse or friend, are played on Monday and Thursday morning. If you would just like to play in a ladies' league, then this is scheduled on Tuesday mornings. Evening mixed leagues are played on Tuesday and Wednesday evenings and are well attended. Men's leagues are organized on Thursday evening and Friday morning. If you like the competitive play, there is an Open league on Monday nights. Friday night there is a social league that is lots of fun. No matter what experience you bring, every league will help you learn the sport. The descriptions of the leagues, fees and membership types are on our website: www.haliburtoncurlingclub.com.

New to Curling?

"When we moved here 13 years ago, the people we bought our house from, George & Margaret Bull, long time curlers, strongly suggested we join the curling club. Lolita had never stepped on ANY kind of ice surface in her life, so with many misgivings we decided to give it a try. It turned out to be one of the best decisions we ever made. Not only did we learn to curl, we met & got to know a lot of truly wonderful people. The curling community here are like our much expanded family now & we will never forget how kind and helpful everyone was to us in the beginning. We try to do the same to new curlers now. Many years later, we still enjoy curling & the social activities that go with it. The best part now however is seeing our grandchildren curl. Curling rocks!"

– Pat & Lolita Mitchell (members)

If you are brand new to the sport, we offer several practice and instructional sessions to help build your confidence on the ice. Safety is first and foremost. John Smillie and his team (John Childs, Ron Draper, Dave Ablett, Don Critchley, Wanda Ruddy, and Dave Moss) are experienced coaches that provide instruction on weekends throughout the year. These sessions are usually held on Sundays from 12 noon to 2pm and are very well attended.

We strongly advise all our new curlers to participate in a full day workshop that we will be offering on Saturday, September 24th. This will include on and off the ice instruction as well as lunch for a $10 fee. If you wish to use a stick, there will be a stick clinic the next day, Sunday, September 25th from 11am – 2pm and there is no fee. We will be able to provide equipment for these days.

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Youth curling program

"I started curling in grade 4 and after learning how to play the game, I knew it was something I wanted to do. When I was in grade 5, I went to my first Timbits bonspiel. That is when I really learned what the sport was about. The competitive rush, the feeling of winning and losing and seeing all the other teams. I loved it!

In grade 6 I learned about the strategy in the game. I started watching my sister and her team in other bonspiels. I watched how they called the shots. It's amazing. The next Timbits bonspiel was my favourite year. I was on a great team. I love curling because I love competing, my best friends curl and the strategy in the game. Curling is by far my favourite sport."

– Savannah Byers (Age 12)

The youth curling program is extremely popular and is held Tuesday and Thursday after school from 4pm – 5:30pm. The convenor, Bob MacNaull, has many coaches and volunteers that faithfully come out every Tuesday to help 36 elementary school curlers learn the sport. Students are bussed every Tuesday from J.D.Hodgson Public School and then a parent will pick their child up at 5:30pm. One of the goals of the youth program is not only to improve everyone's skills but also introduce competitive curling to some of the curlers while maintaining an atmosphere of fun and enjoyment for all. We now have 5 certified OCA Competition coaches on board. Russ Duhaime, Hugh Nichol, Bob MacNaull, Alexis David and Terry Lawrence are now able to coach teams at OCA events up to and including the Junior level. We can now send up to five teams to future OCA sanctioned bonspiels.

Cost?

If you would like to try curling and you have never curled at the Haliburton club we are offering a $99.00 special which will allow you to play in one league for one session. Fifty members took advantage of this offer last season. We were thrilled that so many of these 50 people actually became fulltime members after curling only 8 weeks! This was amazing!

The cost of a full membership which will allow you to play and spare in any league during the week is $410.00. This is 24 weeks of curling, league playoffs and a "Best Ever" bonspiel to end a fantastic year.

The cost of playing in two sessions (16 weeks of curling) is $360.00. These two sessions do not have to be simultaneously played. For example, you could curl in the first and third session. If you choose to play in two sessions, you will also be able to spare all year.

The cost of playing in one session (8 weeks of curling) is $285.00 with unlimited sparing. For example, there are some of our members that choose this type of membership because they go away on vacation at Christmas or shortly after, so they play in October and November and spare in December.

If you want to join the Friday Night Social League the cost is $200 for the year. This is not a sessional curling league and there is no overlap into the other leagues during the week. This league is a fun, recreational league with more than 4 players on a team.

The youth curling program is convened by Bob MacNaull and will have a separate registration date other than September 9th. The cost of an elementary student ages 9-13 is $80.00 a year. A high school student is $130.00 and will be given an opportunity to curl in all leagues offered by the club.

What's new at the club over the summer?

We have been very fortunate to receive two grants: one from the Ontario Trillium Foundation ($150,000) and one from New Horizons ($25,000). The Board of Directors have been very busy this past spring and summer meeting with contractors, ordering new ice making equipment, and organizing work schedules before the upcoming curling season. We will definitely continue having "the best ice in the north!"

Our purpose when applying for these grants was to update our older equipment, change the lighting inside and outside the building to LED and make our club more energy efficient. We now have a new dehumidifier, a new ice scraper, two new propane heaters (that were changed from electric), new LED lights in the curling pad, lounge and locker rooms and new components of a compressor/condensor/chiller. Our experienced ice technician, John Watson is very encouraged by all these new changes and is looking forward to this season.

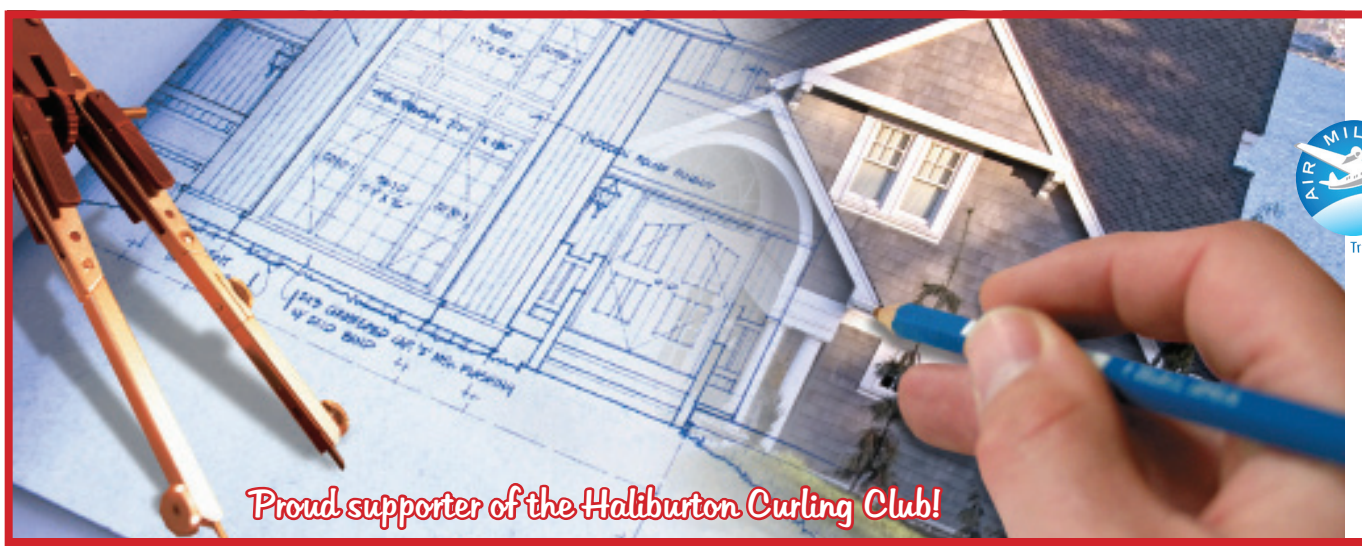
How do you sign up?

The registration day for the new season will be held on **Friday, September 9th from 2pm – 7pm** at 730 Mountain St. beside the A.J. LaRue arena**.** There is a special ribbon-cutting ceremony that is open to the public and members of the curling club starting at 4pm. Laurie Scott our MPP, an OTF representative and the media will be on hand to help us celebrate all the new and improved changes that have been made to the club in the last 4 months. Come and meet some experienced curlers, enjoy some refreshments and learn what curling is all about. If you are unable to come and talk to us on Friday, please call the curling club (705) 457-2830 and make an appointment with Sue Mason, Kent Milford or Mary Hillaby. You can also send an email to mhillaby@outlook.com.

Remember: We want you to curl, you can curl, so come and see us on Friday, Sept. 9 anywhere from 2 p.m. – 7 p.m.

Haliburton Curling Club

730 Mountain St., Beside the A.J. LaRue Arena
www.haliburtoncurlingclub.com.



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Clean breathing

On the White Trail

Marci Mandel

Fully entertained by a gull's feather.

Have you ever found yourself spellbound watching a hawk soar effortless high above? Or caught yourself mesmerized by a fish hovering in one spot for no apparent reason? Or been fully entertained by a gull's feather drifting on the water with billowy clouds reflecting beneath it?

How easy it is to fully surrender in nature. No need for answers, no need for questions, just expansive possibilities twinkling around everywhere.

"Thank you. I love you. Bless you" just twinkling around.

What a rich summer this has been: the visitors, the entertainment, the culinary delights. It's all been so exquisitely juicy, much like our bumper crop of cherry tomatoes this year.

Follow your bliss.

Follow your path.

Follow your breath.

Not only do the trees purify the air around us, so too do our peaceful bodies. Acting as a filter system for negativity, our slow, relaxed nervous system imprints on inhaled circulating breath to restore it to a balanced state then exhales it back into our environment. Dr. Masaru Emoto showed that human consciousness has an effect on the molecular structure of water. Is it possible that space out there is not the final frontier, but space in our breath is?

Hmm.

What if a clean breathing movement took hold like the clean water and clean eating movements did? What if the local market not only had fresh food and artisanal crafts for sale but also offered a place to breathe in joy together? Maybe sing? Maybe dance? Maybe play? Together.

And what about in school cafeterias? Would kids who intentionally breathed together and understood their influence on the web of life in this intimate way, be as likely to bully one another?

In the West we take our breath for granted. We are born; we have it. We die; we don't have it. But as Eastern philosophies take hold here, we're slowly becoming more mindful of what we're doing to ourselves. The slower and deeper our breath, the fuller our connection to life around us. The faster and shallower our breath, the more we feel isolated and unhealthy.

Yoga, Tai Chi and Chi Kung teach many types of breathing techniques that can warm us up and cool us down, help us concentrate and help us focus our strength on attackers. Masters even know how to feed themselves with breath alone.

Do you want to know how? Look to the trees. Not only do they feed off the nutrients they take in through their root system, they also reach out with their limbs to draw in light and life through their leaves. Our breath does the same for us: we can draw in light and life and be fully alive, fully at home in our own skin, quite simply by utilizing our breath. The charisma we see in movie stars can be ours too when we choose to energize from two sources instead of just one. If we can sync up with nature's rhythm, surrender to its subtleties, we can hook in to this dynamic energy and be lifted to a whole new realm of possibilities.

Changing our breathing pattern takes awareness and effort. There are meditations, movements and repeated phrases that can help the process along. I've studied many over the past 30 years and to sum it up: connect with earth energy (see the feather technique in the previous column: http://thegiftofthewhitetrail.blogspot.ca/2016/06/stones-feathers.html) and then follow your breath: two beats into your belly and down, and four beats back to your spine and down, two beats into your belly and down, and four beats back to your spine and down, relaxing a little more each time.

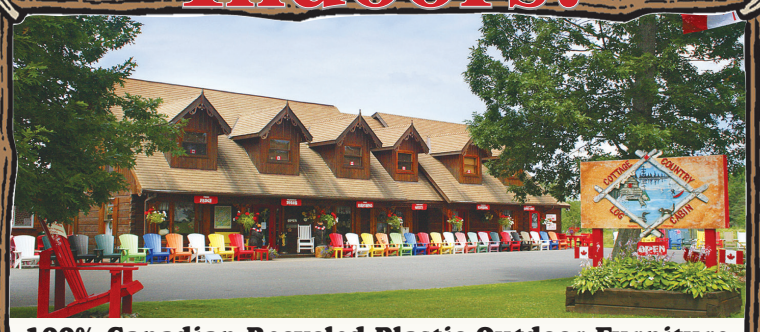
Soon enough, "Thank you. I love you. Bless you," will be twinkling around everywhere and everyone. Who knows, perhaps the Haliburton Highlands will become known as the home of the Clean Breathing Movement.

People will come. They'll come to the Haliburton Highlands for reasons they can't fathom. They'll arrive as innocent as children, longing for the past. Of course, we won't mind if they look around. It's only $20 per person. They'll pass over the money without even thinking about it; for it is money they have and peace they lack. And it'll be as if they dipped themselves in magic waters.*

Wow, expansive possibilities are twinkling everywhere!

*Paraphrased from the movie *Field of Dreams* based on the novel *Shoeless* by Canadian author W. P. Kinsella

The Great Outdoors Indoors!



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Event Listings

Highlands East Information Centre

Open May 7th to Thanksgiving Weekend
10am to 4pm daily, closed Tuesdays
2786 Essonville Line
(Wilberforce Curling Club), Wilberforce

Wilberforce Curling Club Golf Tournament Fund Raiser

Saturday, Sept. 17 from 11:15 am to 8:00 pm
River's Edge Golf & Country Club, Bancroft
Come out and help Keep Our Community Sweeping by participating in this fun day of golfing, good food and laughs.
$60 per Person, Bus Option Available (+$10)
Includes 18 Holes, Cart, Prizes
& Steak Dinner (at Curling Club)
Bus leaves Curling Club at 11:15AM sharp.
(Max 40 people.)
Space is limited, register early before Sept. 3rd!
Registration at Noon - Tee Off at 1:00PM
(Shot-gun start, Best Ball Rules)
Steak Dinner at 6:30PM at the Curling Club
Contact Ryan at 613-202-2568
or Jackie at 705-448-3603 or
email ***wccgolffund@hotmail.com***

Keep Our Community Sweeping Oktoberfest Dinner, Dance and Silent Auction

Saturday, October 15, 2016
from 4:30 pm to 11:00 pm
Lloyd Watson Centre
Come out for a terrific night of FUN with food, dancing and a silent auction to help "Keep our community sweeping!". More Details to Follow!

Halloween Dance in Wilberforce

Monday, October 31
from 8:00 pm to 11:45 pm
Wilberforce Legion, Wilberforce

Plein Air Arts Festival

September 8 – 11 Highlands East
This four day festival is all about painting outdoors. Artists are encouraged to look at our sites and find those that appeal to them.

Spend Thursday through Saturday painting, come to our participant-only party Saturday night and then hang your work in the exhibition & sale on Sunday Sept. 11, 12-4PM at the Lloyd Watson Centre in Wilberforce.
For more information visit:
highlandseastpleinair.wordpress.com

Irondale Community Centre Fundraiser

Saturday, October 1
from 5:00 pm to 10:00 pm
Robert McCausland Memorial Community Centre
Happy Hour from 5-6PM
Roast Beef Dinner at 6PM
Loonie Auction after dinner.
Contact Barry at 705-447-2380
for more information

Wilberforce Agricultural Society Thanksgiving Dinner

Saturday, October 8 from 5:00 pm to 8:00 pm
Lloyd Watson Centre
Traditional Thanksgiving Dinner
with all the trimmings.
Dinner is served at 5:00PM.
Adults $15, Children under 12 is $7.
Advance tickets for sale in September
at the Wilberforce Information Centre
and Agnew's General Store.

For more details, more events, and to submit an event visit our website at
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Elizabeth May wants your help

By Angelica Ingram

The leader of the Green Party of Canada wants the residents of the Haliburton Highlands to help her out.

That was the key message Elizabeth May delivered on Aug. 25 when she addressed more than 300 guests who came to hear her speak as part of a sold out fundraiser for Environment Haliburton.

Described as someone devoted to the enhancement of our natural world, May was introduced by Minden born Ryan Sisson, who worked with the politician during her years with Sierra Club Canada.

"After a few minutes of listening to Elizabeth speak I was hooked," said Sisson.

With a jovial and infectious demeanour, May got right to the point and left no stone unturned, whether it was about the importance of local food, multinational corporations or the climate crisis, the meat of the matter.

"We have a real opportunity here in Canada," said May, describing her message as a hopeful one.

The leader of the federal Green Party for the past decade, May is a member of Parliament for the riding of Saanich-Gulf Islands in B.C.

May is no stranger to the Highlands, as she is connected to the area through relatives.

Elizabeth May greets fans to sign books and catch up prior to her talk on Aug. 25 at the S.G. Nesbitt Community Centre in Minden. The event was a fundraiser for Environment Haliburton. ANGELICA INGRAM Staff

The topic of her talk, The Climate Crisis: Where's the Action, delved into the climate crisis around us and the work being done by governments around the globe.

"Mainstream media covers the climate crisis but never mentions it," said May, pointing to natural disasters such as the Louisiana flooding and California fires. "Most often no one mentions, could this have to do with climate change?"

Pointing to more localized examples, May said this past July was the warmest month on record, measuring 0.78 degrees higher than the prior record set.

"Most of this is not news to you," she said. "What we're seeing now is just beyond the realm of normal."

Climate change action is about creating a livable world for future generations, said May. Eighty per cent of the climate crisis is caused by burning fossil fuels.

"Of course we are very, very dependent on fossil fuels," she said.

May has long been advocating for environmental causes.

In 1992, she attended the United Nations Conference on Environment and Development (UNCED), also known as the Earth Summit in Rio de Janeiro. The summit led to an agreement on the Climate Change Convention, which in turn led to the Kyoto Protocol and the Paris Agreement, which is still being acted on 24 years later, said May.

Canada is the only country to pull out of the Kyoto Protocol, leading our country to fall well behind areas like the E.U. on climate change action, she said.

Pointing to a poor environment record by former prime minister Stephen Harper, whom she only referred to as "what's his name," May encouraged the crowd to make their voices heard on the matter.

"Hope is a verb with its sleeves rolled up," she said. "We've got a lot of work to do."

May pointed to achievements made by the current federal government under Prime Minister Justin Trudeau at COP 21, the Paris Climate Conference held in 2015.

"We had functioning, working meetings with First Nation representatives, youth representatives, organized labour, business people too. Yes, we were all there ... and talked about what we needed to do," she said. "And Catherine McKenna [Minister of Environment and Climate Change] speaking for the first time on the floor of the meeting on behalf of Canada took our position and upped our game and shifted the negotiations for everyone in the room. She said Canada wants to see a legally binding convention where we aim to avoid more than 1.5 degrees and surely stay well before two."

May said she was so proud of the action.

"Where the negotiations ended up was it was a stronger treaty than we had expected when we went in and it really had a lot to do with Canada," she said. "And I am very grateful to Justin Trudeau for that and I'm very grateful to Catherine McKenna."

Since the conference however work has stalled, said May.

"The problem I have with the progress we've made so far is we haven't touched the targets," she said.

That is why she needs our help.

"The only way we're going to get action from our government is if they know Canadians want action," she said, adding we need to hold politicians accountable for climate change targets.

"We need to educate other Canadians, we need to educate our MPs, we need to educate our media."

May encouraged people to write letters to the editor and have their voices heard.

"There are more good ideas out there, we have a real chance here," she said. "I believe Justin Trudeau intends to do the right thing, but he has big obstacles in his way."

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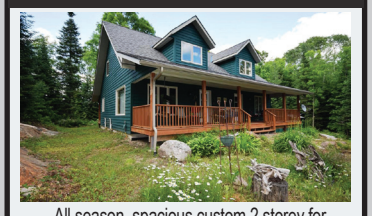
YouTube

WE KNOW HALIBURTON

LITTLE GLAMOR LAKE



All season, spacious custom 2 storey for entertaining large families or friends. Over 3200sf, 4BR, covered deck front & back. Over 4 ac & 220 ft of shoreline facing west with excellent swimming.

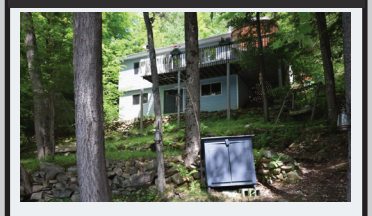
$589,000

KUSHOG LAKE

Spacious 4BR on gentle lot w/beautiful 100 ft shoreline. Sunken LR, brick fp, gorgeous sun-room overlooking the lake. Finished lower level w/2BR, & another FP. Paved yr rnd road.

$569,000

OUTLET BAY, DRAG LAKE



Furnished & ready for your enjoyment year round. 3 bedrm backsplit, nicely finished, terraced front yard & clean shoreline with great dock.

$385,000

COMMERCIAL LOCATION!

Retail, office and storage/loading dock as well as a separate 2 bedroom home rental. Well maintained, recent upgrades. Prime location with many possibilities.

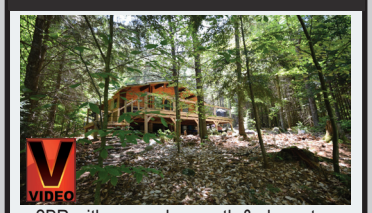
$359,000

HALIBURTON LAKE

3BR cottage on perfectly level west facing lot, close to water's edge. Spacious screen porch for sunset enjoyment. Walking distance to park, waiting for the right family.

$309,000

ISLAND COTTAGING - REDSTONE LAKE



2BR with so much warmth & character. Very [illegible], large d[illegible] & other island community.

SOLD

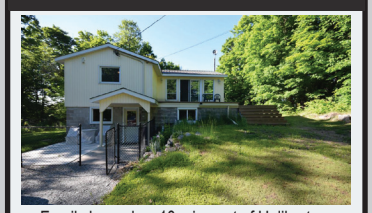
$247,500

NORTH SHORE ROAD

Well maintained & upgraded 3+1 BR home in super location near swimming, recreation, library & more. Full w/o basement with spare room & potential to finish more. Lots of upgrades done.

$229,900

TRAPPERS TRAIL HOME



Family bungalow 10 min east of Haliburton. Close to lake access. 3 BR, full basement with great potential. Level lot, rock gardens, deck, patio.

$209,000

VACANT LOTS

Industrial Pk Rd - 1.1 Ac	$99,000.
Little Hawk Lk Rd - 1 Ac	$24,500.
Tory Hill - 1.7 Ac	$13,500.
Shanahan Trail - 1 Ac	$39,900.
Cattail Rd - 150' Frtg	$44,500.
Loon Lk Rd - 2.2 Ac	$29,900.
Little Hawk Lk Rd - 1.7 Ac	$24,000.
Ross Lk Rd - 2.2 Ac	$28,900.
Glamor Lk Rd - Cabin on 8.5 Acres NEW	$49,000.

WATERFRONT PROPERTIES

60 Acres on Drag Lake	$378,000.
5 Acres on Sam's Lake	$199,900.
54 Acres on Kennaway Rd	$175,000.
Moose Lake - 2.4 ac, 330' Frtg	$329,000.
West Lake - 68 Ac, 800' Frtg	$209,000.
Kennisis Lk - 4.5 Ac/ 293 ft Lot59	$269,900.
Kennisis Lk - 0.78 Ac/ 236 ft Lot60	$235,000.

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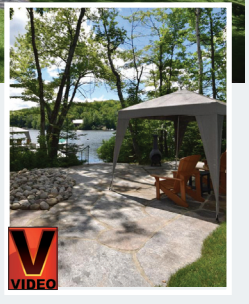
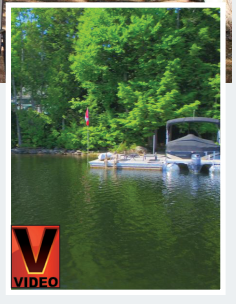


Custom built 2600 sf waterfront home/cottage. Level landscaped to perfection. 25 Acres, 225' frtg. 2BR Guest cottage, dbl garage, gazebo, & all the bells & whistles! Only 10 min to Haliburton.

$1,199,000

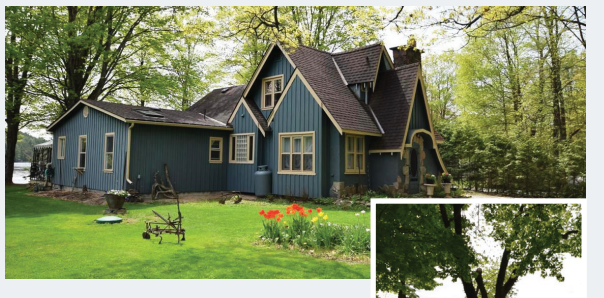
REDSTONE LAKE



Spacious open concept cottage or home. Unique man-made coral fireplace. High quality custom kitchen. Cozy lower level family room with walkout. Dbl det garage. Big lake view.

$789,000

MOORE LAKE - NEW PRICE



Artist's 4 season property. 2200sf on 3 levels. 165' sand beach, private level lot. Garage/workshop, studio cabin, garden shed. Craftsmanship & historic features throughout "Green Gables House"

$689,000

Wildlife in your backyard

"Our family of four has enjoyed owning a cottage on Wenona Lake for the past eight years. During a recent evening paddle in the kayak, the resident loons allowed me to approach and photograph away," writes Jonathan Golden.

Natasha Coumbs sent in this photo of two deer enjoying each other's company.

"This little guy has high expectations," writes Mary Cameron

Submit your wildlife photos to jenn@haliburton-press.com.

County Classifieds

classifieds@haliburtonpress.com Deadline Friday at 4 pm.

180 FARM EQUIPMENT FOR SALE

Farm tractor. 1946 Ford Ferguson. Large and small bucket. Needs work. $1200.00 O.B.O. Also Husqvarna chain saw. 61CCs $200.00 O.B.O. Call Doug at 705-457-5041

220 FIREWOOD FOR SALE

Cut and Split Firewood for indoor and outdoor wood stoves. Delivered to Minden and surrounding areas. Get ahead of the winter!! Slabs for campfire available too. We also cut lumber. Please contact Alex at 705 854-0280

SELL IT FAST IN THE CLASSIFIEDS!

230 FOR SALE

15 hp 4 stroke Honda motor plus 15 foot aluminum boat. One Owner. Great shape. $3300.00. Call 416-409-3551

Craftsman 10" Table saw cast iron deck and extensions overall width 6 laser line rip guide very gently used. $500 705 457 9131

Cherry dining table with 24 inch leaf and 6 chairs. Excellent condition. Asking $400.00. Working washer and dryer-good condition $100.00. Call 705-448-2285. Wilberforce

250 NOTICES

MISSING 10 Foot Green Stand Up Paddle Board. Gray foam padding on top with small wood handle net strapped on.
Missing since Aug. 5th
near 1161 Kashagawigamog Lake Rd.
Grandkids Miss it!
Please call Bob at 416-688-1567 REWARD

290 COMMERCIAL FOR RENT

SELF CONTAINED STORAGE UNITS for rent discounts available located on Industrial Park Road in Haliburton. Call 705 457-1224.

Yoga Space for Rent (available 7 mornings only) at Finn Artists' Center. 15 Newcastle St., Minden. Start Sept.1 $600.00 monthly with lease agreement. Inquiries/ viewing 705.457.2404

300 FOR RENT

Room for rent. Basement bedroom and finished basement available for rent in Minden . Very close to school and hospital. Tenant will enjoy own bathroom. Internet and satellite included. Tenant will share kitchen with landlord. Looking for professional i.e. Teacher/ Nurse etc. Email: ***Willysjeep63@gmail.com*** or call 705-457-7377.

300 FOR RENT

Apt For Lease: 1200 sq ft spacious two bedroom executive apt in Haliburton. Hwy. 118 exposure. Recently renovated, appliances, large deck, two sun rooms, neutral decor. Would suit business as an office or quiet tenant. Non smokers/no pets. References. For further information call: 705-457-9209.

Two bedroom cottage on Wigamog Road. $875.00 per month plus utilities. No pets or smoking. 5 minutes to village. 705-457-2913

3 bedroom/ 1 bath. One side of a Duplex with laundry hook ups. Heat & Hydro included. $1250. 15 kms South of Haliburton. Fridge/Stove & Dishwasher Included. Call 705455-2610

Apt For Lease Coboconk – 1100 sq ft spacious bright two bedroom apt in downtown Coboconk. Walk to grocery, hardware stores and restaurants. Recently renovated, appliances, neutral décor. Would suit older person. Non smoker/ no pets. References. Call 705-454-3913 for further information.

400 EMPLOYMENT OPPORTUNITY

Skilled, experienced carpenters needed call 705 457-1224

Maple Ave. Tap & Grill are looking for a line cook. ***Hankook E*** Restaurant is looking for waitresses. Please call 705-306-0964.

Custom Kitchen Manufacturer is looking for reliable local installers. Experience is an asset.Must have valid drivers liencse and his own vehicle. Please call / text 416 230 4768 or email ***highgatehomes@bell.net***

Well established home builder looking for motivated full time worker with experience in the building trade. Must have valid drivers license. Wages based on experience. Call 705 754 4603

400 EMPLOYMENT OPPORTUNITY

Seasonal maintenance worker required for upkeep and general maintenance. Salary based on experience. Send resume to ***evan@campnbb.com*** or call 705-754-2374 for more info.

UPCOMING

Community Events

PARISH
HOME INSPECTIONS

Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com.

Dated Events

Corn Roast.
When: Sat. Sept. 3rd at 2:00 p.m.
Where: St. Peter's Anglican Church, Maple Lake
Join the volunteers for an old fashioned corn roast with your family to enjoy face painting, puppet making, balloon animals, rock painting, live music. Your comfortable chairs would be welcome & cost is by donation.

Yard Sale
When: Saturday September 3, 8:00 am to 3:00 pm
Where: Gooderham United Church
Refreshments available to purchase
Donated items will be appreciated (no mattresses, baby cribs or large pieces of furniture) by calling June at 705-447-2838

Do you control money or does money control you?
Join us on Thursday evenings for a 10 week course
When: Starting Thursday, September 8 7:00 pm
Where: Lighthouse Church, 12 Dysart, Haliburton
No charge. To register or for Information: 705-455-9195 or 705-457-7263

HALIBURTON: Sexual Health Clinic
When: Wednesday, September 14, 10:30 am to Noon
The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the Health Unit at 1-866-888-4577, ext. 2205.

West Guilford School Reunion
When: September 17, 2016 1:00 pm to 4:00 pm
Where: West Guilford Community Centre
Any one welcome from all schools in West Guilford

Zion United Church, 125 years Serving Others
When: Saturday, September 17, Dinner at 5:30pm
Where Zion United Church, Carnarvon
Followed by entertainmant
Cost: $15.00, For Tickets call 705-286-5096

Zion United Church, Special Anniversary Service
When: Sunday September 18, 9:00 am
Guest Speaker Maxine Reid, Music by Zion Choir
Followed by refreshments. Everyone Welcome!

Friends of the Haliburton County Public Library Lunch & Learn with Janet Heffer
Madagascar: Evolution Gone Wild
When: Wednesday, Sept. 21/1, 12:00 pm buffet lunch 13:00 pm presentation
Where: The Community Room (beside Sears on Hwy 118)
Price: 20.00/per (cash or cheques only)
Tickets Available: Call rozanne at 705-854-0444 (tickets sales end Sept. 18th)

HALIBURTON COUNTY: S.T.O.P. (Smoking Treatment for Ontario Patients) Program
When: Wednesday, September 21, 3 pm.
STOP Program supports smokers trying to quit by providing them with five weeks of nicotine patches at no cost. Smokers will also get educational material and other resources to help them in the quitting process. To see if you are eligible, call the Health Unit at 1-866-888-4577 or (705) 457-1391.

HALIBURTON: Food Handler Course
When: Thursday, September 22, 9 am to 5 pm
Where: Health Unit office (191 Highland St., Unit 301) in Haliburton. This course teaches participants how to handle and prepare food safely. Upon successful completion, participants receive a certificate (valid for a period of five years) indicating they are registered as a certified food handler. Cost is $40 per person. For more information and to confirm space availability, call the Health Unit at (705) 457-1391.

Nature in the Hood 2016 - Logging History in Haliburton County
When: Saturday, Sept. 24, 10:00 am - 12:00 pm
Where: Hawk Lake Log Chute, Big Hawk Lake Rd., Carnarvon
Cost: $5.00 per adult, kids free with paid adult
Leader: Bill Forbes, Stanhope Heritage Discovery Museum
With the guidance of a volunteer from the Stanhope Museum, we'll take a tour of the
Chute, and hike the surrounding trails. Dress for the weather, bring your camera and pack a picnic lunch if you like.

Art of an Outpost Nurse
When: September 8 to 11 during Highlands East Plein Arts Festival Museum open 1:00 to 4:00
Where: Wilberforce Red Cross Outpost Historic House Museum
View oil paintings & other art of the late Gertrude LeRoy Miller nurse/artist and author or Mustard Plasters and Hand Cars her story of working at the Wilberforce Red Cross Outpost in the early 1930's
Outpost Museum 705 448 3000 0r Hilda 705 448 2018

Recurring Events

Early Local Settlers at Work & Play
Where: Wilberforce Red Cross Outpost Historic House Museum
Display opens Thursday June 23 at 7:00 PM Will continue throughout July,August & September with regular updates
Displays of photographs & other artifacts portraying early settlers of this area at work and play.Your pictures of harvesting, making maple syrup, farm animals,gardening,forestry,picnics & games etc can be scanned & added to the show.
Outpost Museum 705 448 3000 or Hilda 705 448 2018

Minden Hills Artisan Market
When: Saturday mornings, 10 am - 2 pm from June 18th - September 3rd
Where: Township Administration office parking lot, 7 Milne Street, Minden
A weekly market displaying handcrafted items from local vendors. Interested vendors can
Apply for a space for $10 a market day
Contact: Elisha Weiss, Community Development Coordinator, 705-286-2298 or eweiss@mindenhills.ca

Youth Program
Minden has a Youth Program!! Students in grades 8 and up are invited to supper and program every Thursday night from 5:45 to 8:00 pm.
EVERYONE WELCOME! Explore faith, learn new skills, enjoy hanging out with other youth. Program run by Monarch Bible Camp and Youth Unlimited.
Where: Minden Bible Church-Bobcaygeon Road
Information: teresa@youthunlimitedkaw.com or 705-887-3625

IncrEdible Haliburton County Farmers' Market.
Shop for fresh produce, preserves, baked goods, local meat, prepared foods, bread, cheese, wine and hand-made items from local artisans. Our numerous vendors provide lots of variety.
Now at three locations on three different days:
Haliburton at Head Lake Park, Tuesdays from noon until 4:00 pm (June 17 - October 7).
Minden Saturdays in the municipal parking lot 10:00 am until 2:00 pm (June 18 - Oct. 8).
For more information go to haliburtoncountyfarmersmarket.wordpress.com
named one of the top five farmers' markets in cottage country by Cottage Life Magazine

Cancer Support Group,
Open to anyone who has been diagnosed with or survived cancer. We meet the 3rd Tuesday of every month in the Ruth Parkes Room at the Haliburton Hospital from 1 pm to 3 pm. Please contact Lynn Higgs Thompson 705-457-2941 for more information.

Al-anon Minden
When; Monday evenings at 8 p.m.
Where: Hyland Crest (north entrance, follow signs inside building), 6 MacPherson, Minden
Details: For relatives and friends of problem drinkers. For more information call 1-888-425-2666

The VON SMART exercise program for balance, strength and flexibility.
When: Minden, Tuesday's at 10:30 am at the Hyland Crest Auditorium,
Haliburton, Thursdays at 1pm at EchoHills.
Please contact Judy Webb@ 705-286-5098 or Carol Browne @ 705-457-4551 for more information.

Kitchen Party Music Jams
When: Every Saturday From 1:00 pm to 4:00 pm (continuous event)
Where: Dominion Hotel Pub, 113 Main Street, Minden, ON
Details: Musicians are welcome to come out to play and Fans are welcome to come out and enjoy the music at the free Jam Sessions every Saturday afternoon - 1st Saturday Folk/Celtic Music, 2nd & 5th Saturdays Mixed Acoustic Music, 3rd Saturday Country Music & 4th Saturday Bluegrass Music.
Contact: Gerry Mitchell at (705)799-5008 or by email at kitchenpartymusicjams@hotmail.com

Toastmaster Minden
When: 1st and 3rd Tuesday of each month. 12 noon to 1:00 pm (winter meetings times)
Where: OPP conference room, 12598 Hwy. 35 (across from Tim Hortons)
The fee has been reduced
Anyone, who is 18 to 80 years of age can attend.
First three meetings are FREE

Haliburton Highlands Quilt Guild
When: Second Wednesday of every month, at 1-4 pm
Where: Stanhope Community Centre, 1095 North Shore Rd., Algonquin Highlands
Details: Meeting often preceded by working on a project at 10 am.
Contact: Pat Campbell at (705) 457-1211 or patcampbell@live.ca

Haliburton Highlands Weaving & Spinning Guild Open Studios:
Time: Every Tues. 1-4p.m.
Place: Zion United Church, Carnarvon
No experience needed.
Contact: Pat @ 705-286-7782 or andreacoysh@gmail.com

Legion Events

Branch 624, Wilberforce
Jan Simon PRO September 2nd – September 8th

Friday	Pool 1:30pm Ham & Scalloped Dinner 5-7pm Jam Session
Saturday	Meat Draw 2pm Early Bird 3pm Sharp
Sunday	Horseshoe Tournament, Register 11:00am-12:00pm, Play 12:30pm - $10/player – Food available to purchase
Monday	Bid Euchre 7:00pm come out and learn – beginners welcome
Wednesday	Fun Darts 7:30pm

Branch 129, Haliburton
Dave Allen, PRO 705-457-2571

Mondays:	Bridge every Monday at 1pm
Tuesdays:	Tuesday Night Open Darts starting at 7pm
Wednesdays:	Bid Euchre 1pm start Bingo Doors open at 6pm, Bingo starts at 7pm - $500 Jackpot, $1000 Jackpot every wednesday in July and August.
Thursday:	General Meeting Second Thursday of the month starting at 7:30 pm. All members urged to attend Ladies Auxiliary Last Thursday of the month at 1pm
Fridays:	Cribbage 1 pm start Meat Draw Five Draws, Five Prizes each draw, First draw at 4:30 pm, Last draw at 6:30 pm, Tickets are $2 per draw…Chester Howse, MC Fun darts - 4:30 pm onwards
Saturdays:	50/50 Draw 4 pm draw, Tickets are 1$ each available from noon onwards
Sundays:	Breakfast Second and fourth Sunday of the month - 9:30 am - 1 pm $6 per person. Occasional volunteers are needed.

Whether you're planning a function for 10 or 200, for more information call the Legion today at (705)457-2571. Come on out and support Haliburton Legion Branch 129... everyone is welcome!

Branch 636, Minden 705-286-4541
Ladies Darts, Wednesday, 1-4 p.m.
Bid Euchre, Tuesday, 1 p.m.
Euchre, Thursday, 7 p.m.
Fish/Wings & Chips, Friday, 12-2 p.m. and 5-7 p.m.
Mixed darts, Friday 7:30 p.m.
Big euchre, first Sunday of the month (except holidays), noon, $12
Sports Fan Day, Sunday, 12-4 p.m.
Lunch menu, Monday – Friday, 12-2 p.m.
Liver lover's special, Tuesday 12-2 p.m. (full menu also)
Meat Draw, Wednesday lunch time.
Upcoming Events:
Please listen to local radio regarding our special Saturday events.

Branch 441 Kinmount
PRO Raquel Linton 705-488-3191

Mondays:	Seniors cards, pot luck lunch 1230 followed by Bid Euchre Family Fun Bingo 630pm Children & Adult fun and All welcome!
Wednesday:	Summer Drop In Darts
Fridays:	Bingo 6:45 all welcome $300 Must Go Jackpot
Saturdays:	5pm Meat Draw

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*Thank you to our customers for your nomination, and to the Haliburton Highlands Chamber of Commerce for awarding us the 2015 **Skilled Trades & Industry Award**.*

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time.stone@hotmail.com
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A new twist on heritage

By Angela Long

They call him "Nutcracker Man." If you want to find out why, come to Heritage Day on Sept. 10 at the Highland Grove Museum and remove the top of his skull.

"His molars are worn right down," president of Highland Grove Heritage Society John Jamieson says in a phone interview with the paper.

Cast from a skull found in Tanzania's Olduvai Gorge, the approximately two-million year old Nutcracker Man (officially called Zinjanthropus) skull will form part of Highland Grove's Heritage Day.

"Usually Heritage Day consists of 50 pioneer families from the area who have been here since the 1800s," says Jamieson. "I thought, why not push it back a little, like two million years?"

Jamieson visited the Olduvai Gorge in 1970 while it was being excavated by National Geographic and famous British paleoanthropologist Mary Leakey. He was touring East Africa by motorcycle at the time, and says he just missed Leakey by minutes. But he didn't miss being given a fossil bone from a pile of bones belonging to a variety of ancient hominids. He also possesses a prehistoric scraper as a memento of that day.

For nearly 50 years, Jamieson has packed these items in his suitcase as he's travelled throughout the world, working as a parasitologist and teacher in the Arctic for most of his life, where he sought to preserve the Inuit culture and where he was presented with a 2002 Governor General's Award for excellence in teaching Canadian history, until settling in the Haliburton Highlands in 2008.

Finally, Jamieson thinks he's found the perfect resting place for his treasures.

"The museum now has actual material from Homo habilis and Homo erectus," he says. "People can actually hold something used by primitive man."

For those seasonal visitors who might not have a pioneer connection to the area, such a display will give them a chance to feel part of something that's part of everyone's heritage, Jamieson says, from the very origins of our species.

In addition to a visit with primitive man, visitors can expect food and music at the Heritage Day celebrations. The museum's educational mug project, where the historical image of your choice can decorate a modern-day mug, continues for a cost of $10. A new option this year is to add your photo to the line-up of human evolution. A blank spot marked "Homo sapien" awaits.

This year, the Highland Grove Museum will add a whole new layer to Heritage Day on September 10. John Jamieson, president of the Heritage Society, will present a cast of a two-million year old Zinjanthropus skull alongside a fossil bone and scraper he personally collected in the '70s from Tanzania's Olduvai Gorge, a site in East Africa discovered by British paleoanthropologist Mary Leakey. ANGELA LONG Staff

The museum is also looking toward the future, creating a hard-cover book which will eventually be available for purchase – Archiving 2016 for 2116. Jamieson invites submissions of photos from Wilberforce to Cardiff and up to Baptiste taken during August and September 2016.

All proceeds from these projects will benefit the Highland Grove Heritage Museum.

For more information, or to submit photos, please write to johnjamieson11@hotmail.com, or joburr50@hotmail.com or call 705-448-1818.

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